



# SEPTEMBER 2020

Park Ridge  
High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31		2	3	4
7 <b>HAPPY LABOR DAY</b>	8 Chicken Smackers w/ a Dinner Roll w/ Tater Tots & Fruit	9 Cheeseburger Sliders on a Bun w/ Three Bean Salad & Fruit	10 Mac & Cheese w/ a Dinner Roll w/ Green Beans & Fruit	11 Big Daddy's Pizza w/ Romaine Salad, Carrot Garnish & Fruit
14 A. Chicken Smackers w/ a Dinner Roll B. Peanut Butter & Jelly Sandwich w/ Tater Tots & Fruit	15 A. Pasta w/ Marinara Sauce & Dinner Roll B. Peanut Butter & Jelly Sandwich w/ Green Beans & Fruit	16 A. Meatballs w/ Cheese & Garlic Bread B. Peanut Butter & Jelly Sandwich w/ Garbanzo Bean Salad & Fruit	17 A. Cheeseburger Sliders on a Bun B. Peanut Butter & Jelly Sandwich w/ Carrots & Fruit	18 A. Big Daddy's Pizza B. Peanut Butter & Jelly Sandwich w/ Romaine Salad, Carrot Garnish & Fruit
21 A. Chicken Smackers w/ a Dinner Roll B. Peanut Butter & Jelly Sandwich w/ Tater Tots & Fruit	22 A. Nachos w/ Beef, Cheese & Tortilla Rounds B. Peanut Butter & Jelly Sandwich w/ Black beans & Fruit	23 A. Mac & Cheese w/ a Dinner Roll B. Peanut Butter & Jelly Sandwich w/ Green Beans & Fruit	24 A. Pancake Pouch w/ an Egg Patty B. Peanut Butter & Jelly Sandwich w/ Carrots & Fruit	25 A. Big Daddy's Pizza B. Peanut Butter & Jelly Sandwich w/ Romaine Salad, Carrot Garnish & Fruit
28 <b>NO SCHOOL</b>	29 A. Cheeseburger Sliders on a Bun B. Peanut Butter & Jelly Sandwich w/ Carrots & Fruit	30 A. Meatballs w/ Cheese & Garlic Bread B. Peanut Butter & Jelly Sandwich w/ Garbanzo Bean Salad & Fruit	 <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p><b>A Complete Meal Includes:</b> Entrée with Protein/Grain, <b>Fruit &amp; Vegetable</b>, <b>Milk Choice</b> <i>Menu Subject to Change</i></p> </div>	

## Order for SEPTEMBER 2020

There are 2 meal choices daily. Your student can receive a meal whether they are in the building or learning remotely. Please indicate your choice for each day and email to [kristakersting@parkridge.k12.nj.us](mailto:kristakersting@parkridge.k12.nj.us):

Please return your choice for the entire week by the Wednesday prior to the start of each week.

MON	TUE	WED	THU	FRI
31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		



At least 50% of All Grains served  
w/ your meal are Whole Grain Rich

"This institution is an equal opportunity provider."

**FOOD ALLERGIES**

Allergy Aware menus are available for students with food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at [www.pomptonian.com](http://www.pomptonian.com).